



	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00am		OPEN (Full Gym) 5:30 - 9:00A	BOOT CAMP 5:30-6:30A	OPEN (Full Gym) 5:30 - 8:15A	BOOT CAMP 5:30-6:30A	OPEN 5:30 - 7:15A	OPEN (Full Gym) 6:30A-9:30A
7:00am							
7:30am			40+ BB (Full Gym) 7:15 - 9:15A		OPEN (Full Gym) 7:30 - 9:30A	40+ BB (Full Gym) 7:15 - 9:15A	
8:00am							
8:30am			Kettlebells 1/2(8:15-9:30A)				
9:00am	OPEN Gym 8:00-10:00A	TRX 9-9:30A (1/2 Gym)					
9:30am		(Open 1/2 Gym)	(Open 1/2 Gym)	(Open 1/2 Gym)	(Open 1/2 Gym)	(Open 1/2 Gym)	(Open 1/2 Gym)
10:00am		9:30-12:00P	9:30-12P	8:30-12P	9:30-12P	9:30-12P	9:30-12P
10:30am							
11:00am							
11:30am	FAMILY (Full Gym) 10:00 - 2:00P	TOT (1/2 Gym) 9:30A - 12:00P	TOT (1/2 Gym) 9:30A - 12:00P	TOT (1/2 Gym) 9:30A - 12:00P	TOT (1/2 Gym) 9:30A - 12:00P	TOT (1/2 Gym) 9:30A - 12:00P	TOT (1/2 Gym) 9:30A - 12:00P
12:00pm		Kettlebells 1/2(12:15-12:45P)	MCC PUMP 1/2(12:15-12:45P)	OPEN (Full Gym) 12:00 - 6:00P	OPEN (Full Gym) 12:30 - 6:00P	OPEN (Full Gym) 12:00 - 6:00P	OPEN (Full Gym) 12:00-4:00P
12:30pm							
1:00pm		OPEN 1/2 Gym (Full Gym) 1:00 - 6:00P	OPEN 1/2 Gym (Full Gym) 1:00 - 2:30P				
1:30pm							
2:00pm							
2:30pm	OPEN (Full Gym) 2:00 - 6:00P	Family Gym (1/2 Gym) 6:00-7:00P	HS/MS OPEN (1/2 Gym) 2:30 - 5:00P	Family Gym (1/2 Gym) 6:00-7:00P	HS/MS OPEN (1/2 Gym) 2:30 - 5:00P	Family Gym (1/2 Gym) 6:00-7:00P	FAMILY (Full Gym) 4:00 - 6:00P
3:00pm							
3:30pm		ASF(1/2 Gym) 5:00 - 6:00P					
4:00pm			OPEN 1/2 Gym	OPEN 1/2 Gym	OPEN 1/2 Gym	OPEN 1/2 Gym	
4:30pm							
5:00pm	FUTSAL (SOCCER) (Full Gym) 6:00 - 7:55P	TRX 5:30-6:00P CARDIO	ASF(1/2 Gym) 5:00 - 6:00P	ASF(1/2 Gym) 5:00 - 6:00P	ASF(1/2 Gym) 5:00 - 6:00P	ASF(1/2 Gym) 5:00 - 6:00P	OPEN (Full Gym) 6:00 - 7:55P
5:30pm							
6:00pm		KICKBOXING 6:15-7:30P	(Full Gym) 6:00-7:30P	OPEN (1/2 Gym) 6:00-7:00P	OPEN (1/2 Gym) 6:00-7:00P	OPEN (1/2 Gym) 6:00-7:00P	
6:30pm							
7:00pm		ADULT OPEN BASKETBALL (Full Gym) 7:30 - 8:55P	FUTSAL (SOCCER) (Full Gym) 7:30 - 8:55P	ADULT OPEN BASKETBALL (Full Gym) 7:30 - 8:55P	VOLLEYBALL (1/2 Gym) 7:30 - 8:55P	(Full Gym) 7:00-8:55P	
7:30pm	FACILITY CLOSES 8:00P						FACILITY CLOSES 8:00P
8:00pm							
8:30pm							
9:00pm							
	FACILITY CLOSES AT 9:00P MONDAY - FRIDAY						

Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

FG = Family Gym (Parent/Guardian with child(ren) only).

Open Volleyball=Drop in program for Adults/High School Students

Adult Open Basketball 18+ and out of HS

Futsal =Soccer Alternative Drop In Program 16+

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class (1/2 Gym)

KETTLEBELLS = Pre-registered Fitness Class (1/2 Gym)

WORK the CIRCUIT = Pre-registered Fitness Class (1/2 Gym)

BOOTCAMP = Pre-registered Fitness Class (1/2 Gym)

CARDIO KICKBOXING = Pre-registered Class (1/2 Gym)

TRX = Pre-registered Fitness class (1/2 Gym)

Instr. Choice = Pre-registered Fitness Class (1/2 Gym)

***When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym***

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at www.mansfieldcc.com

*****GYM RESERVED*****

9/12/15 - Birthday Party, 11:30AM - 1:30PM

9/19/15 - Birthday Party, 12:30PM - 2:30 PM

9/25/15 - Family Fun Night, 5:30PM - 8:30 PM